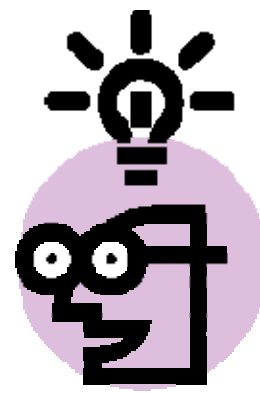
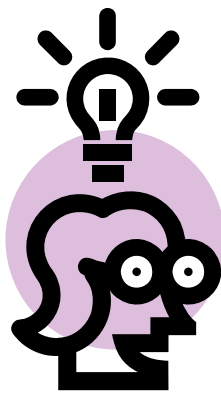




Montana's School Food Service Peer Consultant Training Network

A Montana Team Nutrition Project



July 2009

Updated by: Montana Team Nutrition:
Molly Stenberg, RD, Katie Bark, RD, LN

The Montana Team Nutrition Program

202 Romney Gym, PO Box 173360

Montana State University

Bozeman, MT 59717-3360

Katie Bark, RD-Director

Telephone (406) 994-5641

Fax (406) 994-7300

kbark@mt.gov

This project was funded with a USDA Team Nutrition Training Grant awarded to Montana Office of Public Instruction.

This project has been funded at least in part with Federal Team Nutrition funds from the U.S. Department of Agriculture, Food and Nutrition Service. The content of this publication does not necessarily reflect the views or policies of the Department, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.



Denise Juneau, Superintendent
Montana Office of Public Instruction
www.opi.mt.gov



Montana's School Food Service Peer Consultant Training Network

A Montana Team Nutrition Project

What is it? A group of outstanding school food service directors from Montana schools comprise the Montana Team Nutrition's School Food Service Peer Consultant Training Network. The purpose of the Peer Consultant Training Network is to provide the opportunity for these trainers to share their expertise with other school food service professionals throughout the state. The trainers will act as mentors to assist other schools in their efforts to provide healthy meals which meet the USDA regulations in a cost effective manner.

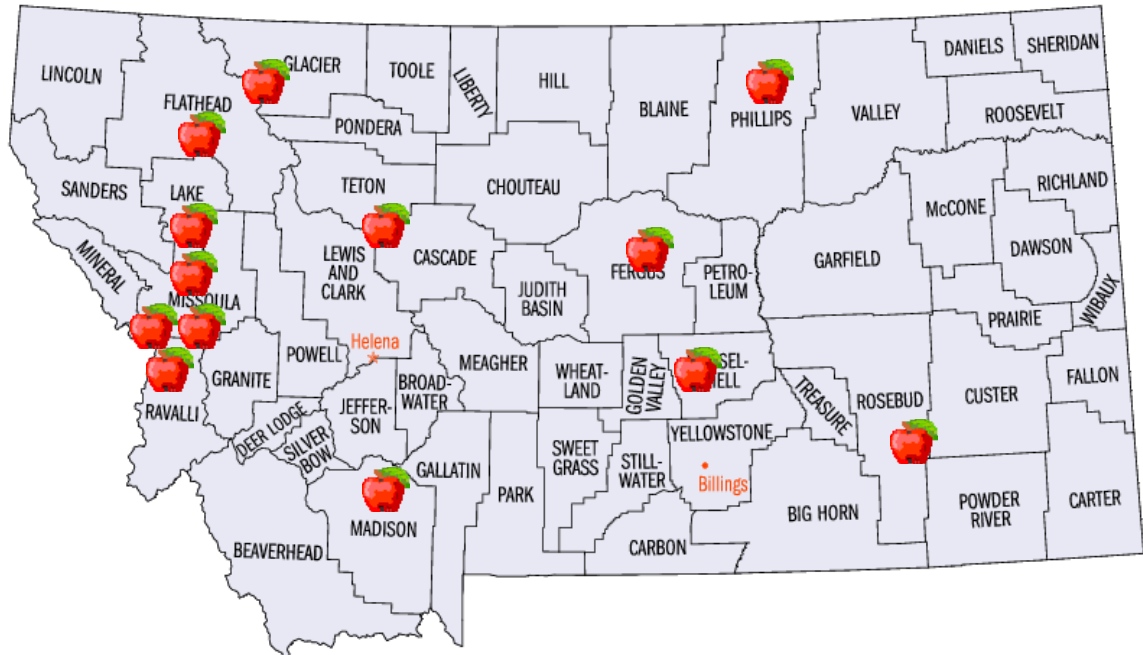
Who can use it? School food service professionals throughout Montana and/or other school staff interested in promoting school meals, offering healthy foods, increasing fruit and vegetable consumption, working towards creating a healthier school environment, or promoting healthful ala carte sales. Peer Training Consultants can mentor other food service professionals through one-on-one consultations (through site visits, telephone or email) and in group training sessions.

Meet the trainers!

It is our pleasure to introduce the professionals that comprise the 2009-2010 School Food Service Peer Training Network! The trainers are conveniently located around the state. Don't hesitate to contact a trainer near you or the Montana Team Nutrition Program for a referral to a Peer Training Consultant. The directory will also be available on-line via the OPI School Nutrition Programs website:

http://www.opi.mt.gov/pdf/SchoolFood/Resources/TN/09_10PeerTrainerDirectory.pdf

Where are the trainers located?



Western:

Katie Appel-Goble, pg 5
Linda Free, pg 6
Kathy Martin, pg 11
Barbara Oehl, pg 12
Marsha Wartick, pg 16

Central:

Cindy Giese, pg 8
Dona Kruse, pg 10
Tammy Wham, pg 17

Northern:

Lynne Keenan, pg 9
Wanda Sand, pg 13
Carol Simonton, pg 14
Robin Vogler, pg 15

Eastern:

Starr Fulmer, pg 7

KATIE APPEL-GOBLE

Katie has recently retired (July 2007) as the Food Service Director for Hellgate Elementary School (K-8 grades) in Missoula, Montana. Katie has vast experience in the food service business, which includes ten years of experience in sales plus eight years of experience in school food service management. She has provided a leadership role in the profession by serving on the OPI Commodity Food Committee and being the Industry Representative for the Montana School Nutrition Association. She continues to serve as a trainer for annual state conferences, and an instructor for the MSU School Food Service Cooking Institute.

Hellgate Elementary School food service program (director and 9 employees) serves students breakfast, lunch and offers an a la carte program. They serve over 200 breakfasts and over 900 lunches per day.

Katie is known for her marketing expertise and making school meals FUN! She and her staff have worked very hard at increasing the variety of menu choices available for both the breakfast and lunch programs. She attributes her success to getting her staff involved in the program and utilizing their ideas, skills and creativity in planning and serving meals. She is a firm believer that “we eat with our eyes” and makes sure meals look attractive and enticing from a kid’s perspective. She values student interaction and involvement and values the opportunity to feed and interact with students each day.

Consultant Areas of Expertise Include: Food Procurement, Food Production, Menu Planning, Marketing, Increasing Participation, Service, Personnel Management, Utilization of Commodity Foods and Catering, Allergy Awareness/Knowledge.



Contact information:

Katie Appel-Goble
1330 Vine Street
Missoula, MT 59802
(406) 549-4789

LINDA FREE

Linda is the Food Service Director for Lolo Elementary School in Lolo, Montana. Linda has 18 years experience working in school food service programs. Linda began working part-time for the school food service program in 1989. One year later, Linda was moved into a full time position. Linda has worked in every position in her school kitchen. In 2000, Linda was promoted to Food Service Director. Linda was working at Lolo Elementary when it became the first Team Nutrition School in Montana. Linda led Lolo Elementary to be the first school in Montana to receive the USDA HealthierUS School Challenge Gold Award; she also serves as the contact person for Montana's Gold Model School. As a graduate of Lolo Elementary herself, Linda takes great pride in their food service program.

Lolo Elementary food service program participates in the breakfast and lunch program. Linda and her staff (6 employees) serve 110 breakfasts and approximately 475 lunches per day. They offer a wide assortment of foods daily; with emphasis on freshly prepared/from scratch entrees, salads and sandwich choices; colorful fruits and vegetables; whole grain items daily and low fat dairy products. Lolo bakes the majority of their bread products and baked goods from scratch using 51% whole wheat flour.

Receiving the HealthierUS School Challenge Gold Award has had the most positive impact on Linda and her staff at Lolo Elementary. Linda and her staff enjoy a great working environment that is colorful, happy and inviting. Lolo Elementary Food Service invites parents and community members to lunch on a daily basis. Linda appreciates support from the teachers and administration and credits the wonderful kitchen staff who welcomes their students daily. This positive environment, along with exceptionally healthy menu planning, has contributed to the outstanding successes of Lolo Elementary Food Service Program.

Consultant Areas of Expertise Include: Food Procurement, Food Production, Menu Planning, Sanitation/Safety (SERVSAFE/HACCP), Marketing, Increasing Participation, Inventory Control, Personnel Management, Record Keeping, Nutrition Education (In Cafeteria/Classroom), School Breakfast Program, School Lunch Program, Alternative Line, Utilization of Commodity Foods, Meeting Nutrition Standards, and Use of a Nutrient Analysis Software Program, Nutri-kids.



Contact information:

Linda Free
Lolo Elementary
11395 Highway 93 S.
Lolo, MT 59847
(406) 273-0451
lindaf@lolo.k12.mt.us

STARR FULMER

Starr is the Food Service Director for the St. Labre Indian Catholic Schools (grades K-12) in Ashland, Montana. Starr has worked 24 years in school food service programs and has held a variety of positions in school food service. She began her career working in the dish room, then went on to become the baker, evening head cook, food service secretary, food service supervisor, and in 1985 began as the Food Service Director for St. Labre Schools. Starr also served on the executive board of the Montana School Nutrition Association for a number of years including a term as president.

The St. Labre food service program includes three schools that participate in the breakfast, lunch, after school snack, summer feeding, and a la carte programs serving over 700 reimbursable meals per day. In addition to these programs, Starr and her staff (29 employees) serve dinner to the students at the St. Labre dormitory.

The many successful features of Starr's program include healthy menu planning, Native recipes and the use of bison, from scratch cooking (with the added bonus of increasing fiber by adding whole wheat flour), creative use of commodity foods, ongoing staff training and development, outstanding presentation of fruits and vegetables and the staff walking program.

Consultant Areas of Expertise Include: Inventory Control, Personnel Management, After School Snack Program, Summer Food Service Program, Meeting Nutrition Standards, Use of a Nutrient Analysis Software Program (Nutri-Kids for Windows).



Contact information:

Starr Fulmer
St. Labre School
Box 77
Ashland, MT 59003
Phone 406-784-4530
sfulmer@stlabre.org

CINDY GIESE

Cindy is the Food Service Director for the Lewistown Public Schools (grades K-12) in Lewistown, Montana. Cindy has been employed in school food service for the last seven years. Her previous experience includes 11 years as the school secretary responsible for all lunch accounts, free/reduced applications, daily record participation reports and submitting the monthly financial reports to the business office.

Cindy and her staff (20 employees) serve 165 breakfasts, 765 lunches, and offer a la carte choices at breakfast and lunch daily to the five schools in her district.

Cindy believes the success of her program is derived from several factors, the first being the strong support she has received from the community, school district, her staff, parent/ teacher groups, and OPI. The combined effort of these groups helped raise the funding that resulted in the ability to make the necessary renovations and to purchase the equipment needed to expand the breakfast program to include all 3 elementary schools and the junior high. As a result of breakfast success in these buildings, it is now offered at the high school. Other factors include; grab 'n go meals at the junior and senior high, pb & j sandwich as an entree alternative for grades 5-6, a cycle menu for reimbursable breakfast at each elementary school and a weekly cycle menu at the junior and senior buildings, mandatory Servsafe classes for all food service employees, peer training and cross training through personal observation and interaction, catering for district events, computerized accounting system, and "special events days" and other activities to help increase participation. Cindy further attributes the success of her program to her hard working and justifiably proud food service team.

Consultant Areas of Expertise Include: Sanitation/Safety, Marketing, Increasing Participation, Service, (Self Serve, Scramble Approach, Etc), Personnel Management, Nutrition Education (in the classroom), School Breakfast Program, School Lunch Program, A la Carte, Catering.



Contact information:

Cindy Giese
Lewistown Public Schools
215 7th Ave. South
Lewistown, MT 59457
(406) 535-5261

cgiese@lewistown.k12.mt.us

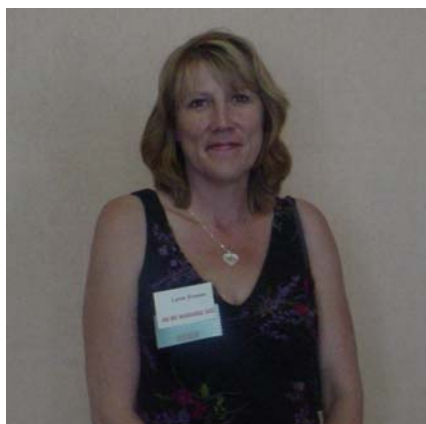
LYNNE KEENAN

Lynne Keenan is the food service director for Browning Public Schools (grades K-12) in Browning, MT where she oversees personnel, procurement, production, and service of school nutrition programs including the National School Lunch Program, the National School Breakfast Program, and Summer Feeding and Snack Programs. Lynne has been employed in the school food service industry for the last 4 years, but she has 20 years experience in the restaurant business as the owner of her own deli/bakery. On top of all of that, Lynne has an educational background in business management! She has served as a board member and an executive on the Montana School Nutrition Association (MSNA) Board since 2004.

The Browning Public Schools food service includes breakfast, lunch, After School Snacks, and Summer Meals. Lynne and her staff (20 employees) serve 1000 breakfast and 2000 lunch meals. In addition, they serve 200 After School Snacks daily and 500 meals/day in the summer!

The success of the Browning Public School Food Service program can be attributed in part to the increase in choices of all items (especially fruits and vegetables), increase in homemade entrees instead of convenience items, remodeling of High School to make it less institutional, and a Breakfast Bar at the High School offering a balanced breakfast. Lynne has won 3 special awards over the course of the years which she considers to have had the most positive impact on her school food service program: 1) a Victory Against Hunger Congressional Award in 2003 for educating and encouraging the community to eat more fruits and vegetables, 2) a Montana Nutrition Advisory Council Governor's Award for Summer Feeding Programs in 2004 and 3) a Montana OPI School Nutrition Programs Best Practice Award for reaching needy populations in the summer months via the Summer Feeding Program in 2004.

Consultant Areas of Expertise Include: Sanitation/Safety (ServSafe/HACCP), Marketing, Increasing Participation, Nutrition Education (In cafeteria/classroom), Summer Food Service Program



Contact information:
Lynne Keenan
Browning Public Schools
P.O. Box 709
Browning, MT
(406) 338-7952
Lynnek@bps.mt.k12.us

DONA KRUSE

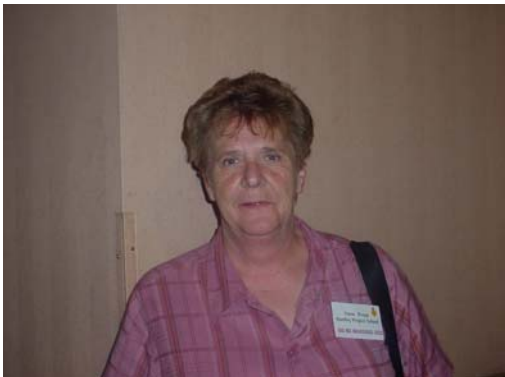
Dona is the Food Service Director for the Huntley Project Schools (grades K-12) in Worden, Montana. Dona has been employed in school food service for sixteen years. Her previous experience includes 12 years as the head baker at St. Vincent's Hospital in Billings, MT.

Dona and her staff (6 employees) serve 150 breakfasts and 625 lunches (this is 80% of the school's enrollment) daily, while also offering a summer feeding program. In 2005 Huntley Project School received a grant for an after school program. They now serve snacks to all the participating students.

Dona's program is proof positive that offering choices will increase participation. This successful food service program offers 3 choices at breakfast- regular menu item, yogurt, or cold cereal; and 3 choices at lunch- regular menu item, chef salad, or peanut butter and jelly sandwich. The students also have the option to serve themselves from a full salad bar, which is offered on a daily basis and included with their meal (not charged for separately). Do these kids have it made, or what?! Junior high and high school students enjoy the availability of ala carte beverages with their lunches, which has helped boost the number of meals served to these older students.

With Dona and her staff maintaining positive and friendly communication with the students and school staff, it creates a pleasant, welcoming atmosphere in the lunchroom. Not only is the atmosphere great, the food is too! Dona routinely revises her menus with new items, while cooking from scratch as much as possible.

Consultant Areas of Expertise Include: Increasing Participation, Service, (Self Serve, Scramble Approach, etc), Personnel Management, School Breakfast Program, School Lunch Program, Catering, Food Procurement, Food Production and Student Fundraising.



Contact information:
Dona Kruse
Huntley Project School
1477 Ash Street
Worden, MT 59088
(406) 967-2540
dkruse@huntley.k12.mt.us

KATHY MARTIN

Kathy has been employed in the school food service for almost ten years, but being one of ten children, she has always prepared foods for large groups of people. She worked in Food Service Departments in hospitals and nursing homes for 15 years, working her way through the ranks to manager where she remained for 8 years. Kathy joined the team at Corvallis School District in 1997. As a Montana girl, she strives to keep the “homemade touch”, yet meet the challenge of limited staff and budget in a self funded program. Kathy is ServSafe certified and she is trained in cake decorating and garnishing. Currently, Kathy is a member of OPI Community Food Committee and the School District Safety Committee.

Corvallis School serves 100+ breakfasts and 775-825 lunches daily and employs 9 food service staff members.

Kathy credits the success of the Corvallis School Food Program to staff involvement as they truly care about the customer and are willing to go the extra mile for each and every student and staff member. Corvallis School offers a variety of choices including Grab N Go, alternate lines, salad bar, and hot meals to go; all of which have been very successful. Having an open door and being willing to help throughout the school and the community has aided in their success, as well as being flexible, keeping an open mind and being willing to say, “No problem”.

Kathy believes that their catering services have changed the old image of school lunch into a more positive one. Catering has opened an opportunity for people to taste their great food, the staff has fun doing something a little different, and making a little extra money never hurt anyone!

Consultant Areas of Expertise Include: Food Production, Marketing, Increased Participation, Recipe Development, Inventory Control, Cost Control, Personnel Management, Record Keeping, Utilization of commodity food, and Catering.

**Contact information:**

Kathy Martin
Corvallis Public Schools
700 Main St.

Corvallis, MT 59828
(406) 961-3201 ext. 109

kathym@corvallis.k12.mt.us

BARBARA OEHL

Barbara started her 28-year career in 1968 working for school food service at the Mt. Prospect School District in Mt. Prospect, Illinois. Barbara advanced quickly during her 8 years with this program and she was promoted to Food Service Director. Barbara became instrumental in initiating the first satellite program (7 schools) in the state. After leaving Illinois, Barbara and her family moved to Lolo, MT, and in 1978 she started a new school food service program at the Lolo Elementary School. She held the position as Food Service Director until 1982 when she became the Food Service Director for the Missoula County High Schools, responsible for 4 high schools. In 1995 Missoula County combined the elementary and high schools districts, (4 high schools, 4 middle schools, and 12 elementary schools,) and Barbara became the Director of School Food Service for Missoula County Public Schools, a position she held until she retired in 1999.

Barbara has been an active member of the School Nutrition Association (SNA)/Montana School Nutrition Association (MSNA) since 1978. She is certified as a Food Service Director with MSNA and has four levels of certification in Child Food and Nutrition. Barbara has always played an active role in MSNA and served on the executive board as historian, certification chair, newsletter editor, treasurer, president-elect, president, and past president. Barbara's experience also includes teaching at the annual state conference for several years and she has been an instructor for the MSU School Food Service Cooking Institute since it opened eleven years ago.

Consultant Areas of Expertise Include: Food Production, Menu Planning, Marketing, Increasing Participation, Service (self serve, scramble approach etc), recipe development, Personnel Management, Utilization of Commodities, A La Carte, and Catering.



Contact information:

Barbara Oehl
Summer months: 16500 Lolo Creek Road
Lolo, MT 59847
Phone (406) 273-6010
Winter months: 14825 E. Mayan Drive
Fountain Hills, AZ 85268
Phone (480) 837-3284
Fax (480) 816-3284
bkoehl@msn.com

WANDA SAND

Wanda is the Food Service Supervisor for Fairfield School (grades K-12) in Fairfield, MT. Wanda has 28 years experience working in school food service. Wanda began working for the school food service program in 1977 as the assistant cook and in 1989 she was promoted to supervisor. Wanda is a member of the School Nutrition Association (SNA)/Montana School Nutrition Association (MSNA) and is certified as a Food Service Tech III with SNA. Wanda has also held a number of positions on the MSNA executive board; secretary, area rep., chapter development chair, vendor chair, vice president, president, and past president.

Fairfield School food service program participates in the breakfast and the lunch programs. Wanda and her staff (4 employees) serve 70 – 80 breakfasts and 315 lunches daily.

Putting the customer first and going the extra mile is the underlying success for this lunch program. Offering home baked products (they use very few convenience foods), customer-friendly business hours, willingness to assist all departments in the school, flexibility, and the readiness to respond to students' requests are some of the key elements to their success. Having a fresh approach in foods and attitude has made the most positive impact for this program.

Consultant Areas of Expertise Include: Food Procurement, Food Production, Menu Planning, Sanitation/Safety (ServSafe/HACCP), Record Keeping, School Lunch Program, Utilization of Commodity Foods, and Use of a Nutrient Analysis Software Program, Nutrikids.



Contact information:

Wanda Sand
Fairfield School
Box 399
Fairfield, MT 59436
(406) 467-2425
wandasand@yahoo.com

CAROL SIMANTON

Carol is the Managing Head Cook for the Whitewater School District (grades K-12) in Whitewater, MT. Carol has been employed in school food service for 10 years. She is an active member of the Montana School Nutrition Association (MSNA) and has served on the executive board for the last five years. Carol is the president of MSNA this year. Carol is a winner of the Louise Sublette Award and considers applying for and winning this award the catalyst that resulted in improved communications and networking with the students.

The Whitewater School district participates in the breakfast and lunch program. Carol and her staff (1 employee) serve approximately 50 breakfasts daily (this is 70% of their enrollment) and 80 lunches per day.

The implementation of the breakfast program eight years ago is one of the reasons the Whitewater School District food service program continues to attract more and more students. Part of the success for the new breakfast program can be credited to a flexible breakfast period; they have extended the serving time for breakfast for the high school and junior high students until the start of second period. Another dynamic of this program's continuing growth can be attributed to the variety of choices offered at breakfast. Each day students receive a choice of 4 to 5 menu items to select from including, cereal, yogurt, fresh fruit, and a variety of juices, toast and muffins. The opportunity for choices is not limited just to breakfast; along with their regular lunch meal students are offered a full salad bar stocked with a variety of salads, fresh fruit, and vegetables daily. Carol thinks trying new ideas and observing the students' response is a key ingredient in continued success.

Consultant Areas of Expertise Include: Food Production, Menu Planning, Sanitation/Safety (ServSafe/HACCP), Increasing Participation, Service (Self Serve, Scramble Approach etc.), Inventory Control, Cost Control, Personnel Management, Record Keeping, Nutrition Education (in Cafeteria, Classroom), School Breakfast Program, and School Lunch Program.



Contact information:

Carol Simanton
Whitewater School District
Box 46

Whitewater, MT 59544

(406) 674-5417

simantonc@whitewater.k12.mt.us

ROBIN VOGLER

Robin Vogler has been the Food Service Director for School District #29 since 2006 where she has made continuous, healthy and sustainable changes to the program. After many years of serving frozen products with few fresh ingredients in the District #29 school cafeterias, Robin revamped the program to include an abundance of fresh fruits and vegetables, whole grain products and from-scratch cooking. Robin incorporates Farm to School connections to create many school lunches from scratch using locally-produced fare including grass-fed beef and other items.

Robin has built an extensive history of 20+ years of food service experience; working as a school food service baker and in restaurants, including leadership and management positions. During the summers, Robin keeps busy as a private chef providing catering services. Currently, Robin is a member of the School Nutrition Association with 3rd level certification, Montana School Nutrition Association, Montana Farm to School, and the National and Montana Educators Association.

Somers School offers a variety of choices including Grab-N-Go, a daily soup and salad bar, and vegetarian offerings as part of the hot lunch line most days of the week. Fresh fruit plates are offered as a lunch selection every Tuesday and have proven to be an extremely popular item. Robin features fresh baked whole grain products daily such as whole wheat dinner rolls, pizza crusts, and bread bowls.

Since Robin's arrival, participation in the school breakfast program has increased to an average of 70 to 90 students daily. She and her staff of four serve approximately 450 meals daily. Nutritious after school snacks are enjoyed by 30-50 students everyday.

Robin has worked hard to completely transform the image of school cafeteria food to a new, fresh, exciting, and healthy image. Robin is proud of the accomplishments she has made over the past few years, and is excited to have the opportunity to have such a positive impact on the food service program.

Consultant Areas of Expertise Include: Food Production, Marketing, Increased Participation, Recipe Development, Inventory Control, Cost Control, Fund Raising, Nutrition Education, Utilization of Commodity Foods, Farm to School and Catering.



Contact information:

Robin Vogler
School District #29
P.O. Box 159
315 School Addition Rd.
Somers, MT 59934
(406) 857-3661
rvogler@metnet.mt.gov

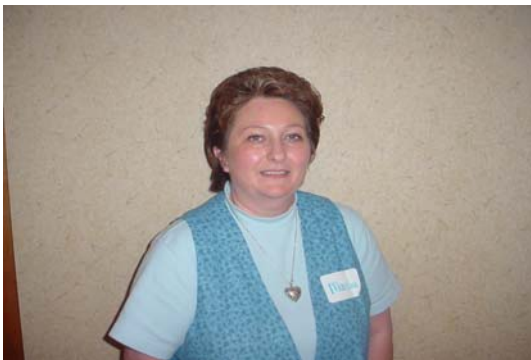
MARSHA WARTICK

Marsha is the Food Service Supervisor for the Ronan School District #30 (grades K-12) in Ronan, MT. Marsha has been involved in the food service industry over 25 years. In 2000 she began working for school food services as the Ronan School District Supervisor. Marsha's career in school food service has been extremely active and productive. She became a member of the School Nutrition Association (SNA)/Montana School Nutrition Association (MSNA) in 2000, attended the summer school seminar in 2001, began the After School Program in 2001 and received the USDA After School Award in 2002. In addition to these major accomplishments, Marsha was involved in the designing and building of a new kitchen that was completed in March of 2003. Recently, Ronan was featured in the Making It Happen! Nutrition Successes that was put out by the CDC/USDA! What a compliment!

The Ronan School District food service program participates in the breakfast, lunch, after school snack and the summer meal programs. Marsha and her staff (18 employees) serve 300-450 breakfasts, 900 lunches, 150-230 after school snacks daily, and 100-200 summer meals per day.

Over the last three years there have been a number of high impact changes in the Ronan school food service program. These successful innovations include: a fresh fruit breakfast bar available to middle and high school students, the inclusion of a salad bar for high school and middle school students, the addition of a 2nd choice option for high school students which is reimbursable, the introduction of the after school snack program, and the participation in the USDA Fresh Fruit and Vegetable Program. Marsha feels the availability of the USDA Fresh Fruit and Vegetable Program has been a major contributor to their success.

Consultant Areas of Expertise Include: Food Production, Menu Planning, Marketing, Increasing Participation, Service (self serve, scramble approach etc), Inventory Control, Cost Control, Record Keeping, School Breakfast Program, School Lunch Program, After School Snack Program, Summer Food Service Program, Utilization of Commodities, and Catering.



Contact information:

Marsha Wartick
Ronan School District #30
421 Andrew St, Box R
Ronan, MT 59864
(406) 676-3390

marsha.wartick@ronank12.edu

TAMMY WHAM

Tammy is the Head Cook for the Ennis School District (grades K-12) in Ennis, MT. Tammy has worked in school food service since 2001, the first year as assistant cook, and the following year she was promoted to Head Cook. Prior to her career in food services Tammy attended vocational school for training in computers and has worked at her parents' restaurant since 1982.

Tammy and her staff (4 employees) serve an average of 70 breakfasts and an average of 300 lunches per day. Currently, an impressive 80% of the high school students are participating in the school lunch program!

Friendly faces, a relaxing atmosphere, enjoyable good food and a variety of choices are Tammy's key to a successful food service program. The addition of a deli bar, a taco bar, a pasta bar, a soup bar, a potato bar, a brand new Chinese bar (the students love it!), and a daily offering of a variety of fresh fruits are some of the many choices her students have the opportunity to explore. Continually maintaining a fresh approach in menu planning, food choices, serving, and customer relations has encouraged students to enjoy their mealtimes, thus increasing participation.

Consultant Areas of Expertise Include: Food Procurement, Food Production, Increasing Participation, Service (self serve, scramble approach, etc) Recipe Development, and Use of a Nutrient Analysis Software Program.



Contact information:

Tammy Wham
Ennis School
Box 517
Ennis, MT 59729
(406) 682-4799

whambo@3rivers.net (home)